

What are the Junior Olympics?

What is the “Junior Olympics” circuit?

The Junior Olympics (JO's) is a series of three progressive meets governed by the USA Track and Field Association.

Association Meet: The Issaquah Parks & Recreation Gliders team is a member of the Pacific NW Association (PNA) of USA Track and Field. The Association Meet is the championship meet of all teams in the Pacific NW Association of Western WA.

- Track and Field Advancement: Top 8 finishers in each event advance to Regional Competition.
- Cross-Country Advancement: Top 35 individuals and top 5 scoring teams in each age division advance to the Regional Competition.

Regional Meet: Region 13 is comprised of 4 Associations – PNA, Inland Northwest (INW), Oregon, and Alaska. INW represents Eastern and Central WA and some cities of Idaho that border Washington. The Alaska Association has special arrangements with USATF due to travel constraints.

- Track and Field Advancement: Top 5 finishers in each event advance to the National Competition.
- Cross-Country Advancement: Top 25 individuals and the top 5 scoring teams in each age division advance to the national level.

National Meet: USA Junior Olympics

- Track and Field All-Americans: Top 8 finishers in each event are awarded All-American awards.
- Cross-Country All-Americans: Top 30 individuals and top 5 scoring teams are awarded All-American awards.

Age Divisions 2016	Year of Birth	XC Race Distance
8 & Under	2008+*	2K, 1.24mi
9 - 10	2006-2007	3K, 1.86mi
11 - 12	2004-2005	3K, 1.86mi
13 - 14	2002-2003	4K, 2.5mi
15 - 16	2000-2001	5K, 3.1mi
17 - 18	1998-1999**	5K, 3.1mi

* Per USATF Rule 300.1 (c) “Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships.”

** Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 age division through that meet. This extended eligibility does not apply to cross country events.

Dates/Locations:

- 2016 Cross-Country Association Meet: Nov 12. Woodland Park, Seattle. Entry Deadline Nov 9.
- 2016 Cross-Country Region 13 Championship Meet: Nov 19. Polo Grounds, West Lin, OR
- 2016 Cross-Country National Championship: Dec 9 - 10. Hoover, AL

What are the requirements to participate in the Junior Olympics "JO's"?

In addition to being a Gliders team member each competitor must be an individual member of the [USA Track and Field Association](http://www.usatf.org). You can register online at www.usatf.org and follow the membership links. The fee is \$20 annually. Below you will find the information that you will need to register. Please DO NOT wait until the last minute!

- Association: Pacific Northwest #36
- Team Name: Issaquah Parks and Recreation Gliders
- Team Number: 36-150
- Birth certificate photocopies: Please confirm the runner's date of birth by providing a photocopy the proof of birth to the local chairperson via the address provided on the website or email a pdf email copy to her:
 - "Tracy Silva" - pnamember@comcast.net
- Each competitor is responsible for his/her own meet fees and transportation costs.
- Contact coaches when your USATF birth date has been verified.

I registered for USA Track and Field, now what?

This year's registration for Junior Olympics competitions will be online. Directions will be provided when your USATF membership has been verified.

Is Junior Olympics stressful?

The JO XC Meets are fun competition. We hope to demonstrate that stress can be channeled into positive energy, individual determination, and team spirit!

How do I race JO?

The first step is to register for a Issaquah Parks and Rec Gliders Track or XC program. Step 2 is to become an individual member of USATF.

What if I already have a USATF individual membership?

Please confirm that your membership is current for the current competition year. Please renew an expired membership. Current memberships are ready to go directly to the registration step!

Can I race locally and/or regional level and not at the national level?

Yes.

More questions?

- JaredB@issaquahwa.gov
- Please direct them to a coach at practice!